

NICK TAYLOR

BITCH, PEAS!



A colourful introduction to Veganism, with
a focus on strength training



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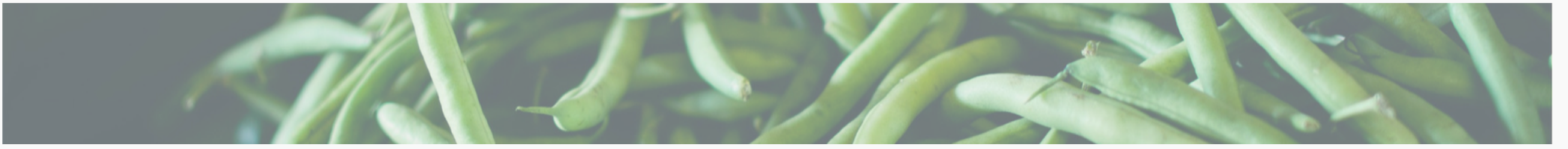
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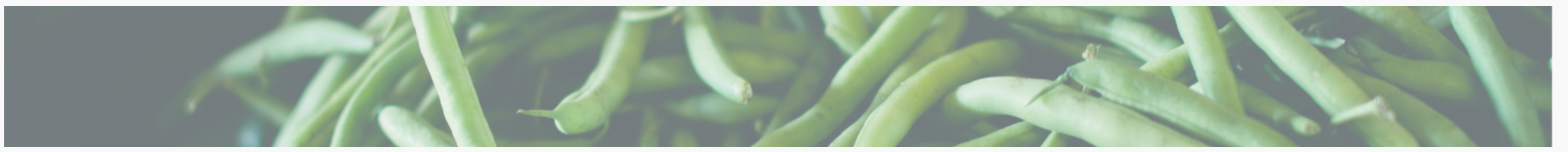


Introduction

At some point in my life, probably multiple times, my lips have uttered the words “vegans are fucked in the head”. It wasn’t until around 4 years ago when I attended a Tony Robbins event, that I ever even considered reducing my consumption of animal products. Up until that point, my diet had consisted solely of meals designed around a base of animal protein. I honestly can’t really recall ever having a meal without meat.

So the last day of this event, someone was harping on about something along the lines of excessive consumption of animal protein can be attributed to higher incidences of most degenerative diseases. What a load of shit, I thought. It wasn’t until it was made clear that there was a challenge involved, that I really paid any attention. For those of you who don’t know me, I’m competitive. AF.

This challenge involved not eating ANY animal products for 10 days. 10 days? I’ll do 30! This next 30 days would lead me down a long and winding road, a road involving countless hours of studying, reading, watching, and changing. I’m now proud to say I’ve been fully plant-based for over 2 years.

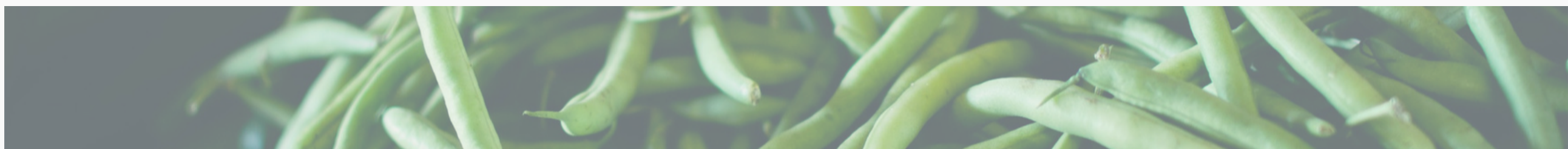


I was always the scrawny kid growing up. I always remember going to see my cousins on the farm, who played rugby, who had these things called muscles, and getting demolished in arm wrestles and play fights. The only reason I would look out of place in one of those charity ads, is because I was white. Ok, well not that bad, but you get the point.

About 3 years ago I was first introduced to powerlifting, thanks to my friend Hayden Pritchard. He does CrossFit now though. Sad. I fell in love with the sport, pushing my personal boundaries, and having a quantifiable goal to work toward that didn't revolve around body weight or arm circumference.

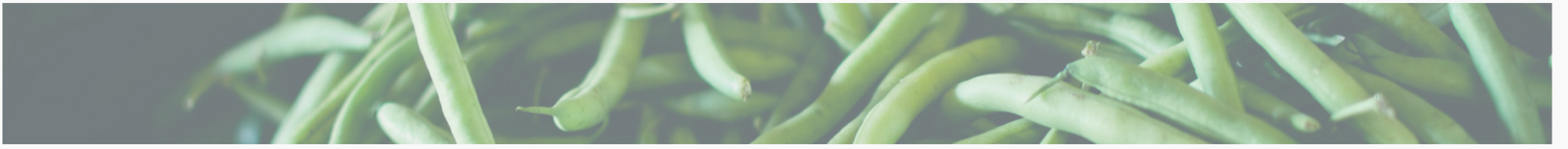
After countless hours of consuming endless tutorials on Squatting, Benching, and Deadlifting from Jonnie Candito, Alan Thrall, and many others, I set foot in a squat rack, ready to break world records. With no word of a lie, the first time I started squatting, I really struggled to rep the bar with any sort of form that could be considered decent for someone with 2 operable legs. I weighed, at the time, somewhere in the realm of 75kg, standing around 6 foot tall.

My current PR's are 232.5kg, 132.5kg (yeah I know, shut up), and 240kg for the Squat, Bench, and Deadlift. My bodyweight as of today is 106kg. While that's certainly not world record



material yet, the interesting thing to me, is that these strength and bodyweight increases happened throughout the process of totally eliminating animal products from my diet, a trend I would have previously assumed as impossible. If you had told my 20 year old self that I would go on to become vegan, weigh over 100kg, and squat and deadlift over 200kg, he would have had a right old giggle.

If I can do it, almost anyone can. In this e-Book, I want to share with you what I have learned on my journey through, and to plant-based. I like to keep my shit science-based, so I'll leave citations where needed, but I will talk about the ethical side of veganism too, so if you'd rather stay in the dark, best not to turn the light on, and go home now.



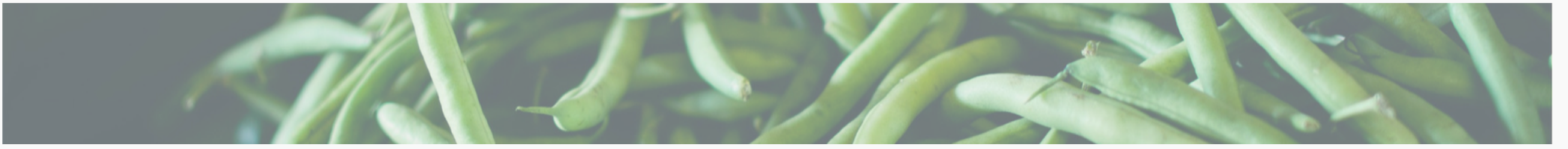
Health

I'll start off with the category of plant-based that is the least important for me. What I mean, is health is super important to me, this just wasn't the reason I considered going plant-based. Countless amounts of vegans transitioned to their current diet because of their own health issues, or due to schooling themselves on the health impacts of high consumption of animal products.

Bottom line. Do I think you can be healthy and eat some animal products? Yes. Do I think you can be unhealthy and vegan? Also, yes. But, if you were to compare two very similar diets (in terms of macronutrient content and calories), where one included animal products, and the other didn't, the plant-based one would win 99 times out of 100.

Protein. Oh my word. The amount of time's I've had the fucking question. And the funny thing is that I'm totally okay with it, because I used to think the exact same thing.

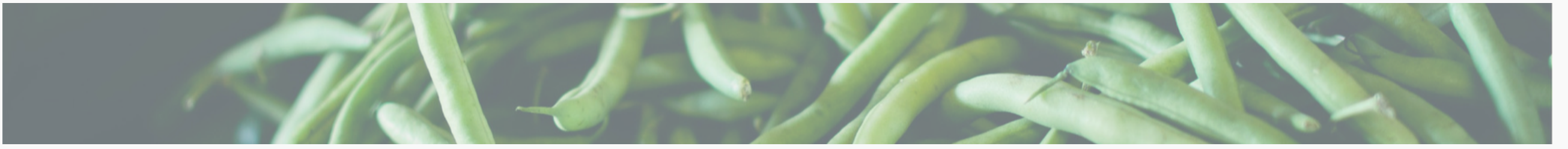
Current protein requirements for athletic performance sit in the range of 1.4-1.8g/kg of bodyweight [1.1]. So for me, currently sitting at 106kg, this is a recommended protein



intake of ~148g-190g of protein per day. Many studies conclude that less is also satisfactory (although not necessarily optimal), and very few show that going over that range has any additional benefits, apart from exceptional circumstances like cutting for a show (if you're a bodybuilder or something silly like that). Is it essential? Hell yeah it is. Just the obsession with protein intake in the general fitness community is diabolical.

Now, I don't count my calories frequently, and I don't actually encourage it, as I think it can create a negative relationship/borderline obsession with food. I literally know dudes who take their scales with them when they're eating out because they don't want to go over their calories. Shit is bonkers. But, it can be really interesting to track the odd day here and there to give you an idea of what your actual intake is. Every time I do this I'm always pleasantly surprised that I'm not slipping into total protein deficiency and certain death. Again, I'm not a bodybuilder, and if you are, you may have different practices.

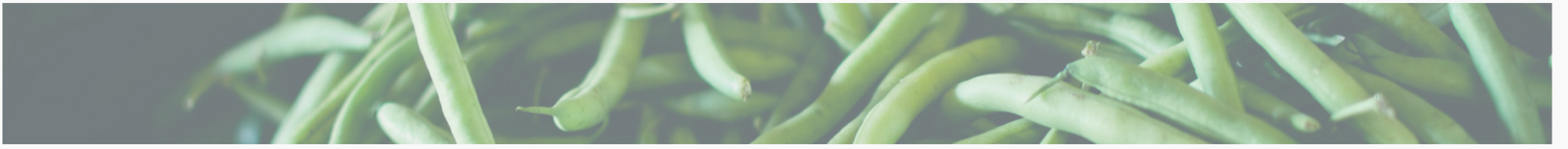
Another thing I hear quite often is to do with amino acids, complete proteins, and plants not being a complete protein. Researchers can measure how much of a specific food ingested is retained by the body for muscle protein synthesis. In the case of one popular scoring method, this measure is



called “biological value.” In early studies, a chicken’s egg was used as the standard whole food source of protein and assigned a reference value of 100. Other proteins were compared to egg and given values accordingly. This “biological value” varies amongst food sources, but generally on this scale, animal proteins were given higher values than plant proteins. Absorption of plant protein in short timeframes may be reduced by other compounds present in plant foods, such as fiber. This scale has been the main source of the enduring myth that animal proteins are somehow more valuable than plant proteins.

The Protein Digestibility Corrected Amino Acid Score (PDCAAS) was named the preferred method to measure protein utilisation by the WHO and most other reputable organisations, and gives equal scores to eggs, whey, soy, and many combined plant foods [1.2] (such as legumes & grains, grains & vegetables, etc).

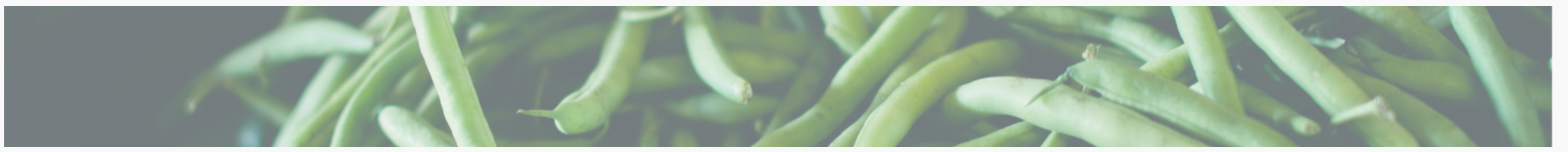
Furthermore, studies looking at actual training results with either plant or animal based protein supplementation show no difference in performance between the two [1.3]. Athletes can for sure obtain sufficient, high-quality protein from plant sources. Animal proteins being superior is an outdated idea.



You heard me mention fiber up above. Fiber is a nutrient of increasing importance, and the more studies that are being done on gut health and our microbiome, the more it's importance is emphasised. Current estimations are that the less than 3% of people eating a 'standard diet' are getting adequate amounts of fiber per day, where recommendations are between 30-45g. The majority of vegetarian and vegan diets consume more-than-adequate amounts of fiber [1.4]. Dietary fiber has continuously shown protective effects in population studies with the risk of diabetes, metabolic syndrome, cardiovascular disease, obesity, and various cancers as well high cholesterol, blood pressure, and blood sugars [1.5]. So the question shouldn't be where do vegans get their protein, it should be where the fuck are you getting your fiber from!

Soy gives men boobs. I wish! Unfortunately not. In all seriousness though, soy has been the subject of endless debates for the last few decades. Over-sensationalised arguments like 'soy is estrogen', or 'soy is bad for men', or even 'if you eat soy you will surely get cancer and turn into a soybean and you will die and go to bean hell'.

Soy is one of the most nutrient dense vegan protein sources available. The most controversy it gains is due to the fact it contains compounds called phytoestrogens. Basically, these

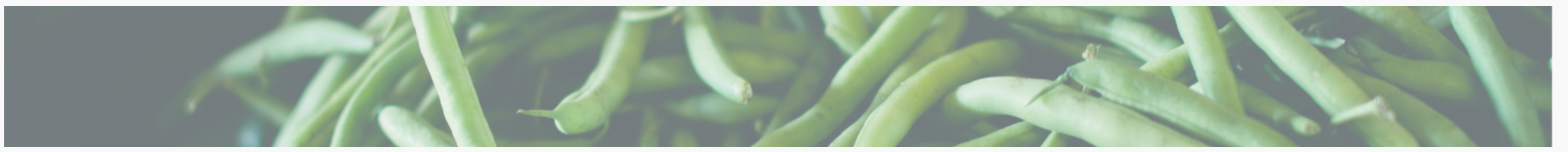


are plant based forms of estrogen. One of the amazing things about soy phytoestrogens is that they possess both estrogen-agonist and estrogen-antagonist properties. What this means is that soy phytoestrogens act as a modulator, something that has pro-estrogenic effects in some tissues where needed (like bone), but anti-estrogenic effects in other tissues (like the breast). [1.6]

I have also heard people say that soy consumption will totally fuck up my testosterone levels. In several studies examining high soy protein consumption or supplementation (often multiple times the amount more than any normal person would have in a day), men did not have significant changes in testosterone, free testosterone, estrogen, sex hormone binding globulin protein, or semen quality. [1.7] If you really want to know, my man bags are totally fine.

This sounds like a total conspiracy, just, it's not. Almost all of the studies showing negative correlations to soy consumption are funded by the meat and/or dairy industries. The others are just bad science. These industries have been lobbying against soy for years now, as the increase of veganism and vegetarianism worldwide is a major threat to their economics.

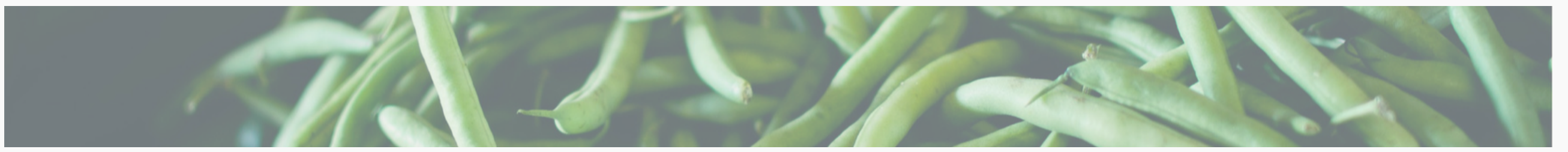
Interestingly enough, if I think about the people I know who have the biggest man-titties, it's guys who drink a LOT of beer. It's funny to me to note that hops contain a



phytoestrogen called 8-prenylnaringenin, which is, in fact, the most potent phytoestrogen found to date; around 50 times more potent than the phytoestrogen in soy [1.8]. Yet, these are the fellas telling me soy is going to turn me into Kim Kardashian.

B12 and Iron. Literally take a supplement. You're sorted. Actually, everyone should be taking a good quality, pharmaceutical grade multi-vitamin and mineral to ensure they're covering all bases [1.9] Make sure you do research into the company you're purchasing from, the supplement industry is one of the most unregulated ones out there. There's such an interest in macronutrients, and fat this, protein that, carbs this, but the real emphasis needs to be put on our micronutritional status. Even with the perfect macro intake, if you're cutting it short in even one or two micronutrients, you are wasting so many your efforts and potential gains. There are millions of non-vegans around the globe who suffer from B12 and/or Iron and/or (insert vitamin or mineral here) deficiencies. It's not a phenomena seen increasingly in vegans.

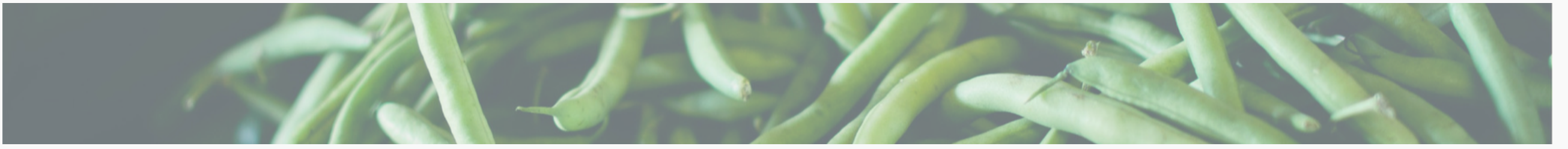
There is a significant difference between 'RDI/RDA' levels, and optimal levels as well. RDA's (Recommended Dietary Allowance) were first introduced during World War II as the



absolute minimum amounts of certain vitamins or minerals required to avoid deficiency diseases (ie, Vitamin C for scurvy, etc). These are updated every decade or so, but are still only the required amounts to avoid deficiencies. Optimal intake levels of almost all vitamins and minerals will be significantly higher.

One of the most important aspects of iron status is actually being conscious of how you're consuming your iron. If iron-rich foods or supplements are taken alongside vitamin-c rich foods or supplements, the absorption is increased drastically. If you're not sure where you stand, go and get your bloods done, and jump on a quality supplement. Don't go for the cheapest shit at the discount store, if you're not willing to pay premium for your health, the cheap stuff isn't worth getting, so don't even bother.

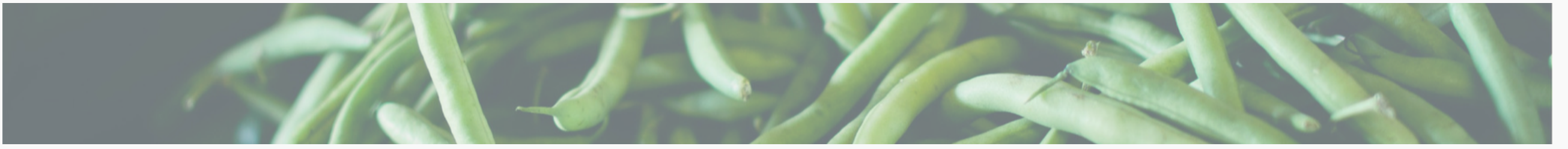
If you have any other questions about plant-based nutrition or supplements, head to my website www.themodernboss.com and check out my plant power and nutrition tab where I share all about nutrition and powerlifting. Feel free to shoot me an email at yo@themodernboss.com as well. I love talking about this shit!



Environment

Think of all of the cars driving around in every major city right now. All of the aircraft flying all over the world, hundreds of thousands at any one time. Then add all of the boats, trains, motorcycles. That's a LOT of pollution, right? Hell yeah it is. The fucked up thing is that animal agriculture is responsible for 18 percent of greenhouse gas emissions, more than the combined exhaust from all transportation, which is just 13%. [2.1]

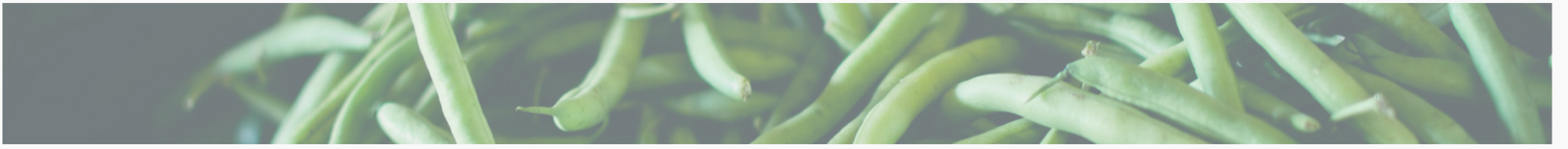
Intensive animal agriculture began with the turn of the industrial boom. Every year we are seeing more and more animals around the world bred, grown, and slaughtered for our needs. Well, not actually our needs anymore, we'll call it our wants. The amount of energy, water, man-hours, labour, and money that goes into this industry is astronomical. Livestock is responsible for 65% of all human-related emissions of nitrous oxide – a greenhouse gas with almost 300 times the global warming potential of carbon dioxide, and which stays in the atmosphere for 150 years. [2.2] And if we were to come up with some amazing incentive where tomorrow, every single person drove a Tesla, and fossil-fuel



usage stopped overnight, we would exceed our 565 gigatonnes CO₂e limit by 2030, all from raising animals. [2.3]

Current estimates state that animal agriculture is currently responsible for a third of all fresh water consumption in the world. [2.4] Of course, eating plants comes with it a water footprint also. Per ton, vegetable growth consumes about 41,000L of water, and fruit takes about 140,000L per ton. In contrast, pork production consumes 455,000L of water per ton; beef consumes about 550,000L per ton; and dairy (average) consumes about 466,000L per ton. [2.5]

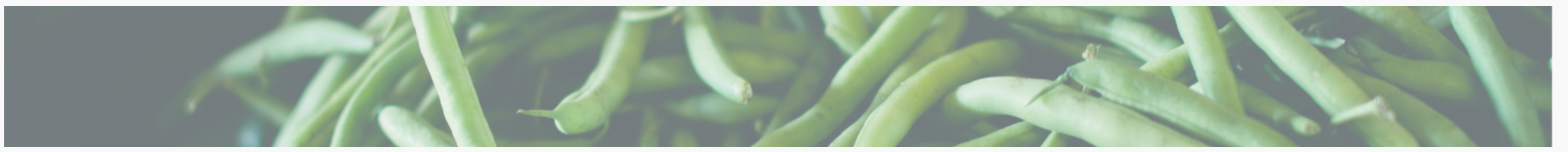
Animal agriculture is the leading cause of species extinction, ocean dead zones, water pollution, and habitat destruction. Animal agriculture contributes to species extinction in many ways. There are fucking crazy amounts of habitat destruction caused by clearing forests and converting land to grow feed crops and for animal grazing. Over 90% of the Amazonian Deforestation thus far has been due to this. The widespread use of pesticides, herbicides and chemical fertilizers used in the production of feed crops (many of which are totally banned to use in the growth of crops for human consumption) poison waterways.[2.6] There is a total overexploitation of waterways due to commercial fisheries. Up to 40% of fish caught each year are just thrown the fuck out.[2.7]



Currently 75% of the world’s fisheries are exploited or depleted, and we could see fishless oceans by 2048.[2.8]

A person who follows a vegan diet produces the equivalent of 50% less carbon dioxide, uses 9% of the oil, 7.5% water, and 5.5% land compared to a standard meat eater for their food. [2.9]

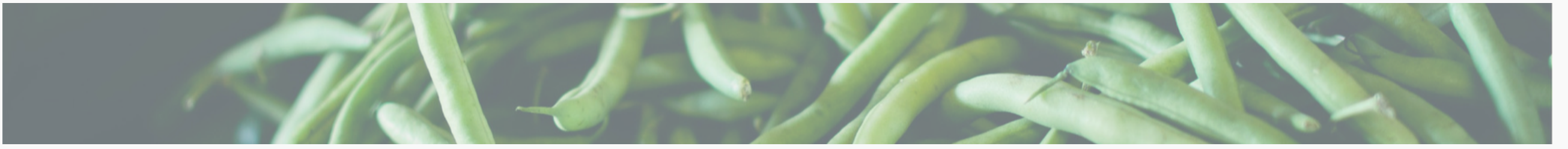
We’re literally at a point in our Earth’s lifetime, where the majority of people are very aware that Global Warming is real, and that reducing our carbon footprint is essential. It’s now at a point, where if you didn’t know, that’s totally ok, but if you’ve just read this, you love our planet, and you want to help it, continuing to choose animal products is fucking hypocrisy.



Ethics

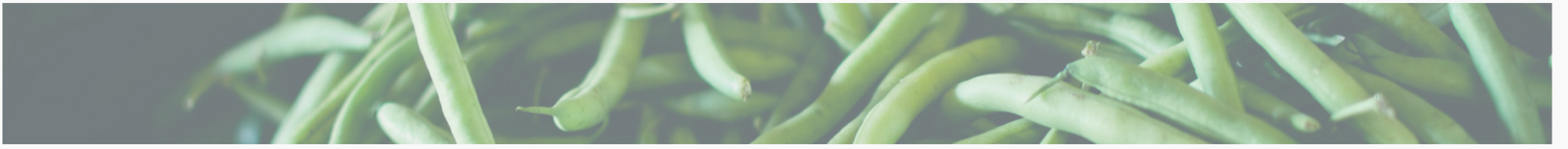
70 billion farmed animals are reared annually worldwide. More than 6 million animals are killed for food every hour. Read those sentences again. Still can't comprehend it? **More than 6 million animals are killed for food every hour.** Nope. It's so fucking mind-bogglingly large of a number, and people have become so disconnected to it. I had no idea for the first 24 years of my life. Well, actually, I kind of had an idea, but I was wilfully ignorant. Put a steak on my plate and I would have gobbled that shit up with no second thought. And even though this steak came from a cow, there is absolutely no way I'd be able to turn one upside down, slice it's throat open, stand aside and watch it bleed out, all the while watching this poor animal flailing in pain, wheezing because it's oesophagus is open to the outside world, chop it up, cook, sit down, and be like oh yum that's delicious.

It's long been said that if slaughterhouses had Glass Walls, the majority of of the world would already be vegan. It just seems unreal, that with all of the malnutrition and hunger in the world, that we are currently growing enough food to feed 10 Billion people [3.1] It just, to me, seems a



ludicrously inefficient system to feed animals way more food than we need as a species to thrive and end world hunger at the same time, only to bypass that food source and eat the animals that we have given all that food to.

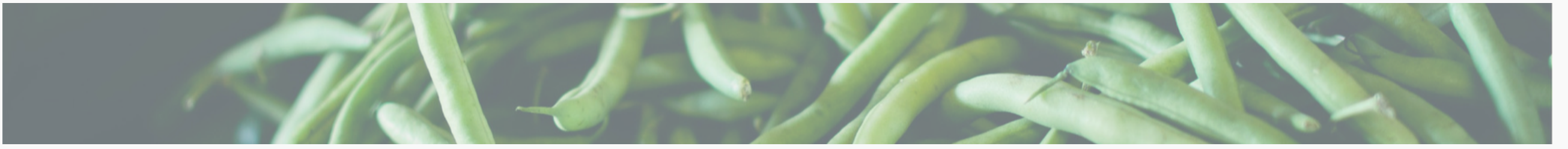
If you live in an industrialised country, your excuses become so incredibly limited. “It tastes good”, or “bacon tho”, are fucking selfish excuses to take the life of another being, because let’s face it, no one needs anything you can’t get from a fully plant-based diet. There is literally nothing special in any animal product out there. And yet, so many people are totally up in arms about the Yulin dog meat festival, and millions shed tears over ‘The Cove’ documentary surrounding an annual dolphin trap and slaughter in Taiji, yet they are totally, and so often willingly, oblivious to the horrors that surround what’s on their plate for dinner every single damned day. There are so many incredible alternatives to literally any animal product you can think of, whether they are prepared and packaged already, or recipes you can experiment with. From milks, to meats, to seafoods, to cheeses. Every cooking and baking ingredient can be swapped out for something else, almost always more nutritious. I have tried so many insane alternatives at restaurants all over the world, from stores, and that I have made myself, that would (and have for that matter) fooled even the most unaware, so if taste and texture is the only thing you



give a shit about, even you have a chance in 2018 and beyond.

The thing is, all animals feel deeply. They feel the same emotions that we, as humans do. They feel happiness, love, stress, fear, pain, sadness. You already know this though, think of the experiences you've had with a family pet. Now if you were to go kick the shit out of your dog, or smash your cat in the face with a hammer, tell me how the fuck they would react to that. Just because they can't vocalise their emotions, doesn't mean they don't have them. But we have been conditioned to believe that the emotions of our pets really matter, but to turn a blind eye to the horrors of animal agriculture. To me, it might not so much be in the upbringing of the animals, as many farmers (strangely enough) do seem to care about the emotions of the animals they own, although, some terrifying practices happen, and happen very often. It's just that there are so many fucking animals killed and there is literally no sensible reason for it. No matter how you look at it, they all end up in a slaughterhouse. Go and watch a few videos, and even in the strictest, most 'humane' (what a fucking oxymoron) slaughterhouses, those animals know what the fuck is up.

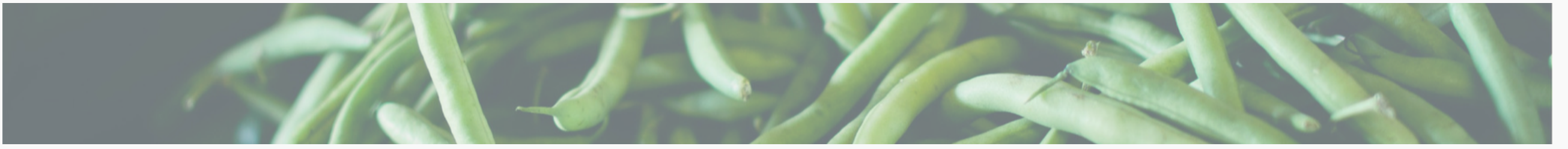
To me, it's somewhat comparable to the Death Camps that saw over 4,000,000 Jewish people killed between 1939-1945, except we're talking 6,000,000 every hour, 24/7, 365.



Don't get me wrong, I am not at all attempting to take anything away from the horrors of Nazi Germany and the realities surrounding that, but it's interesting to think that, looking back, we would think it were all okay if the Jews happened to be cared for and looked after well, yet still met their untimely deaths the way that they did? I think not. It's also why many of the survivors of the Holocaust are animal rights activists. They've seen, from the inside, the realities of being 'treated like an animal'.

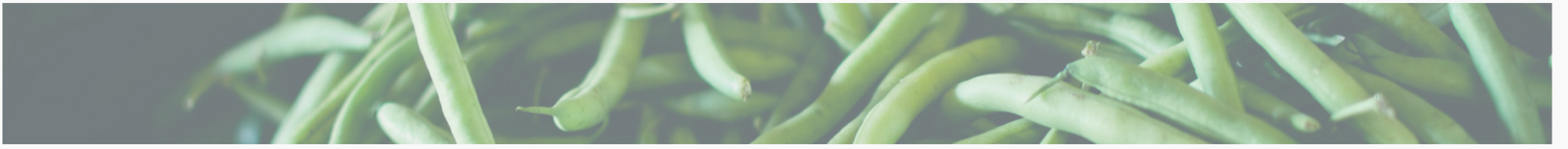
Now, you may think I'm ridiculous for comparing the lives of every animal to that of humans. Yes, there are vast differences between us and all other species. Does that make me think that we are the most important ones? The current trend is, the more humans on Earth, the more fucked up she becomes. Take them away, and she would thrive.

Dairy and eggs. This one fucked me up a bit, because I honestly thought that by taking the by-product of an animal, I wasn't directly contributing to the deaths of them. That's why, in my introduction, I said my transition from carnivorous beast to fully plant-based, took around a year and a half. I'd never (again, thanks to conditioning) thought about how these items end up in our fridges.



Think for a second about a human mother. How does she feed her young? Well, unless something limits her ability to, she will breast feed. In order for this to happen, a male sperm must fertilise one of her eggs. In the first trimester, the milk glands will be triggered to start their job. When she has her baby and delivers the placenta, the estrogen and progesterone levels in her body decrease, and the hormone prolactin will rise, signalling these glands to send milk down to the milk ducts.

What happens to a cow, or a goat, or a sheep, or pretty much every single mammal for that matter? The exact same process. Now, the horrifying thing with dairy cows, is that they are impregnated, season after season, usually forcibly inseminated, for the exact same process to happen. She will give birth, she will start producing milk, and within days her young will be ripped away from her. Go and look up videos on calves been separated to see how badly they want to bond with their new baby. But here's the fucked up part. If her young is a female, she will be raised to enter the same fucked up process months later. If her young is male, he will be on-sold, for as little as one fucking dollar, and slaughtered within the first few months of his life. This is the reality of the dairy industry, and there is no cow on earth that will give milk freely for years on end, without giving birth to young multiple times, all for us to take it away from her and keep it for ourselves.

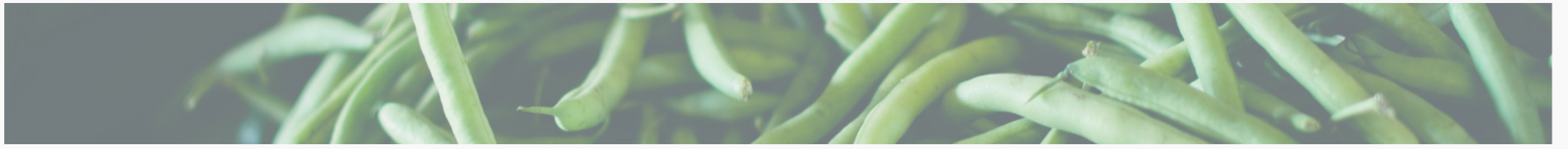


When the poor cow's milk yield starts to slow down, she is surely sent off to be slaughtered, no more use to the system. This usually happens around age 4. A blessing really. Cows can live to be 20.

The egg industry is very similar. Laying hens are kept in outrageous conditions, laying multiple eggs a day, and in fact, the process of making and passing an egg requires so much energy, that in nature, most species of wild hens lay only 10 to 15 eggs per year. This is why laying hens will only live for 2-3 years, popping out up to an egg a day.

Because they live such short lives, there is constant turnover. This involves hatcheries, where billions and billions of chickens are bred into existence each and every year. Much like their bovine brothers, male chickens are of very little use to the egg industry. Male chickens hatched in hatcheries, are ground up, alive, on their first fucking day of life. The first time I saw a video about this I think I just stared at the screen for minutes in utter disbelief. It makes my heart heavy to think of it still. Do it, I dare ya.

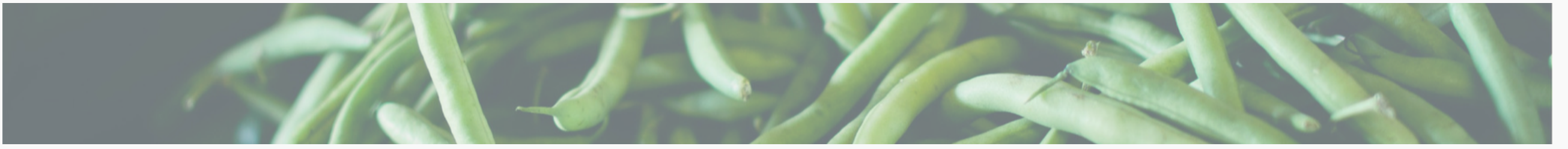
One really good video I've seen is labelled "The Secret Reason We Eat Meat" – by social psychologist, Dr. Melanie Joy. She states in her video;



“While it’s easy to feel that the problem is so big, that our individual efforts won’t make a difference, or that the system will never change, the truth is that every choice we make does make a difference”.

Every time we spend money, we are casting a vote on what kind of world we want to live in, what kind of world we want to be remembered by, and what kind of world we want to leave for the next generation.

I really don’t know what more to say about this. If you have an ounce of giving a fuck about things other than yourself, I hope you don’t just turn around and look the other way like we’ve all been doing for most of our lives. If you won’t do it for the environment, do it for the animals. They all deserve to live.



Training

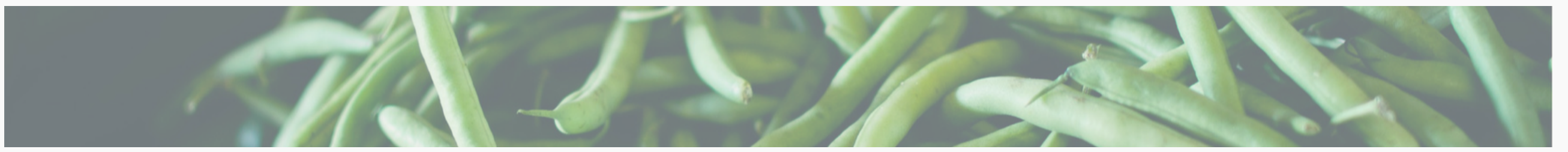
Now to lift the spirits (haha, see what I did there). I believe that strength training should be the foundation of any fitness goal. I don't mean you have to want to be a champion powerlifter, but strength has endless carry-overs to being a useful human being. From bone health, to aging benefits, to just being the person that people text when they need to move some heavy shit, strength is one of the best things to have.

Now, where to start with strength training.

Step One: Form and technique. Sort this out first before adding large weights. However, don't get insanely pedantic on getting everything perfect. Searching 'how to squat' on youtube gives over 7,000,000 results. The majority of these I wouldn't use for anything other than having a laugh. Here are tutorial videos I use and recommend.

How to Squat with Perfect Form - CanditoTrainingHQ

Fixing the Good Morning Squat (Excessive Forward Lean) – also from CanditoTrainingHQ.



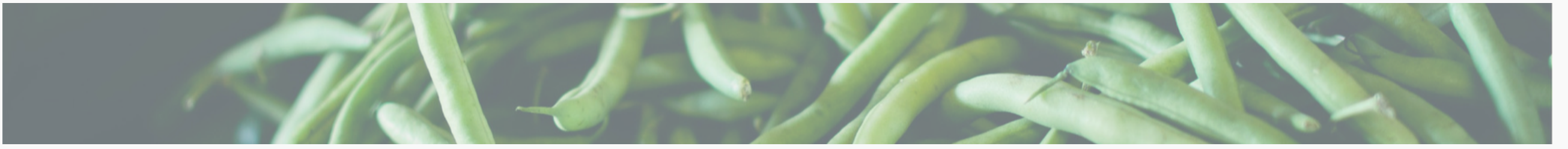
I really admire Jonnie as a lifter, he's an intelligent guy, and has so much great content. Go through all of his videos that interest you, and visit his website at:
www.canditotraininghq.com

How to BENCH – beginners – John Paul Cauchi. Now, unfortunately JP is Australian, but in all seriousness he's an incredibly talented lifter, a very smart guy, and much like Jonnie Candito, his channel is FULL of amazing content for you guys to consume. Go for gold.

Deadlifting is a bit different. Depending on who you are, and your biomechanics, there are 2 distinct versions of the deadlift. The Conventional Deadlift, in which your feet are close together and your arms are outside your legs/hips, and the Sumo Deadlift, in which you have a very wide stance and your arms come directly down from your shoulders, inside your knees. I first started off training the conventional deadlift, and I'd generally recommend this, but due to my biomechanics and general preference, I made the shift to pulling sumo.

How To Deadlift: Starting Strength 5 Step Deadlift – Alan Thrall. This is a tutorial for pulling Conventional. An absolute beast of a lifter, and a heap of content. Go nuts.

HOW TO SUMO DEADLIFT – Calgary Barbell. Bryce is one of



my favourite lifters, and has an epic music taste. His youtube channel, and website www.calgarybarbell.com are amazing resources.

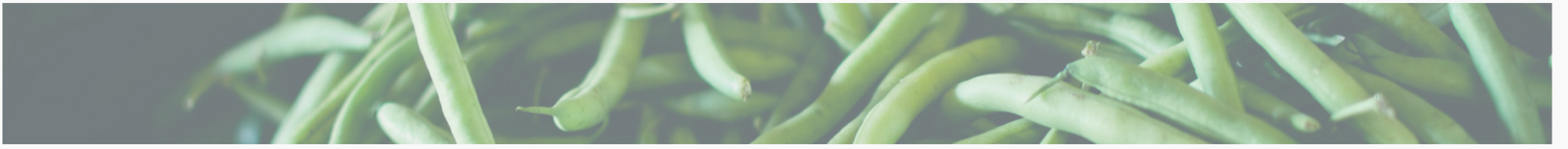
Now that you're on your way to mastering 'The Big 3', it's time to talk about programming.

My first ever program was an 'RPE' (Rated Perceived Exertion) based program. The scale, from 6-10 (in lifting circles) is used to rate how easy or difficult you find a certain lift (eg. Squat 5x5@10 means 5 sets of 5 squats at a difficulty of '10', meaning there's no fucking way you could've done another rep)

I love the concept of RPE, but I also wouldn't recommend it for beginners, as you haven't been training enough to have any idea of how you feel under exertion.

For beginners, on Jonnie's website I added above, you can find a whole host of free programs. Either his Candito Linear Program (if you're TOTALLY new), or the 6 Week Strength program (if you have a good idea of your current 'maxes)' would be my recommendation to start off on.

Through this, you will find yourself perfecting the techniques you have learned about, whilst also getting stronger every single session.



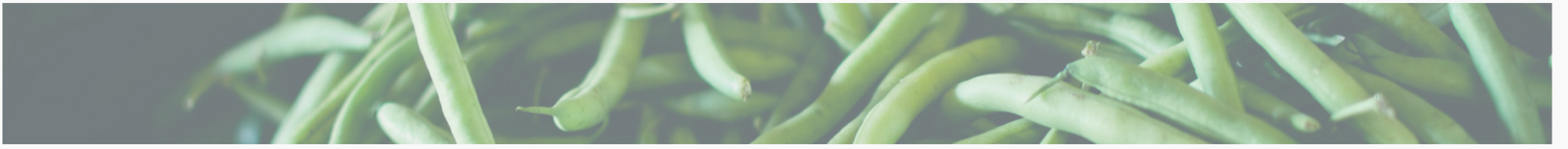
From Jonnie's Linear Program intro: The goal with this program is to provide a very simple layout with linear progression. That means the program will not change week to week, simply steadily increasing weight without altering other training variables. This lack of variation can be used to your advantage as simply a mental break from percentage based programming, or as a novice program to take advantage of beginner gains. However, there is some variation within the week for not just specific physical reasons, but also due to the fact that the psychology of a lifter plays a huge role in how effectively strength can be developed.

If you've been lifting a while, you'll already know what works best for you, what you enjoy, and how you respond to different training stimuli (volume/frequency/intensity, etc). My recommendation would be writing yourself a program based off the RPE scale on how you love to train, and adding assistance exercises on top based on your individual weaknesses. If you're more into running preset programs, the GZCL Compendium is incredible, and I really like the VDIP and UHF styles of training. You can find all of Cody's training information, and a shit load of free programs and compendium on his blog at www.swoleateveryheight.blogspot.com

Bryce also has a very highly regarded 8 and 16 week program on his website, www.calgarybarbell.com



I share a lot of training insights on my website, so feel free to head to www.themodernboss.com and check out the plant power tab. Shoot me an email at yo@themodernboss.com if you want to talk further about training and programming!



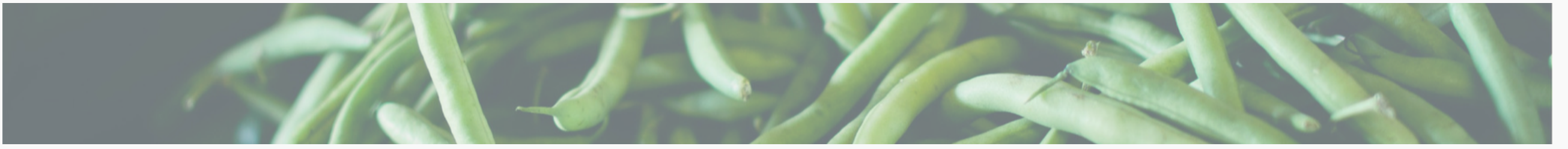
Recipes

Instead of listing individual recipes, I will link you to a couple of pages that are strictly vegan, and create incredible dishes. I am very experimental in the kitchen, and many of these recipes have been inspiration for me creating my own dishes. There are many very-high-protein meals within these also, one of my staples is the BBQ Seitan Ribs from Bosh.TV. It takes less than 5 minutes to prepare, and less than 30 minutes to bake. You're left with a delicious mock meat with over 90g of protein per dish. If protein is of concern to you, this will quickly become a staple.

Bosh – www.facebook.com/bosh.tv/ - one of the highest followed food pages on facebook. Funnily enough, many people do not know that everything is vegan. Big lol.

The Buddhist Chef – www.facebook.com/thebuddhistchef/ - some incredible recipes, more towards the fine-dining end of the spectrum.

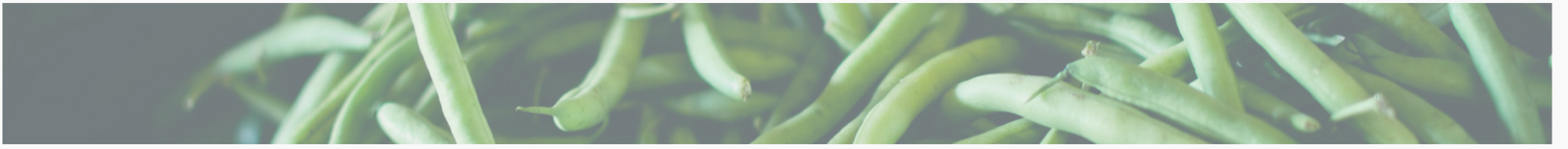
Vegan Recipes – www.facebook.com/yumveganrecipes/ - generally sharing recipes from other sources, but a huge database for all sorts of vegan recipes!



Thug Kitchen – www.thugkitchen.com/ - hilariously written recipes, and delicious in their own right. If you don't mind a bit of profanity (you've made your way through most of this book), then Thug Kitchen will be right down your alley.

Forks over Knives – www.forksoverknives.com - Healthy meals, simplified. Over 400 recipes with more added every week.

If you run out of ideas because there are only 1000's and 1000's of recipes on those pages, feel free to go to Pinterest and chuck in 'Vegan Recipes'. That should see you sorted for life!



Other vegans to follow

Because it's trending, there are countless amounts of vegan bodybuilders, fitness peeps, and lifters popping up on FB and the 'Gram. Some of my favourite people are listed below

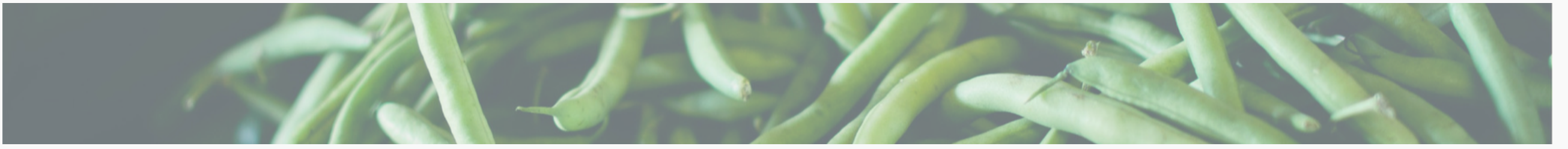
Fraser & Lauren Bayley. Fraser is a good friend of mine, he grew up in New Zealand, where he was a butcher for many years. His story is simply inspiring. He's equally as massive as he is strong as shit. They can be found on their FB page www.facebook.com/evolvingalpha/

James Aspey. James came into the spotlight when the clock struck midnight, and 2014 began, he commenced a year long vow of silence on behalf of the voiceless animals. He's a huge asset to the community.

www.facebook.com/jamesaspeyveganism/

Nimai Delgado. Nimai is an IFBB Pro Bodybuilder, and has been vegetarian since birth, and vegan since 2015. An absolute beast. www.facebook.com/thehardcoreherbivore/

Patrik Baboumian. Patrik is a strongman, and one of the strongest people in all of Europe. He's been vegetarian since



2005, and vegan since 2011. He holds numerous world records in multiple strongman lifts.

<https://www.facebook.com/VBadass/>

Nick Taylor. Oh shit, dat me.

www.facebook.com/officialnicktaylor/

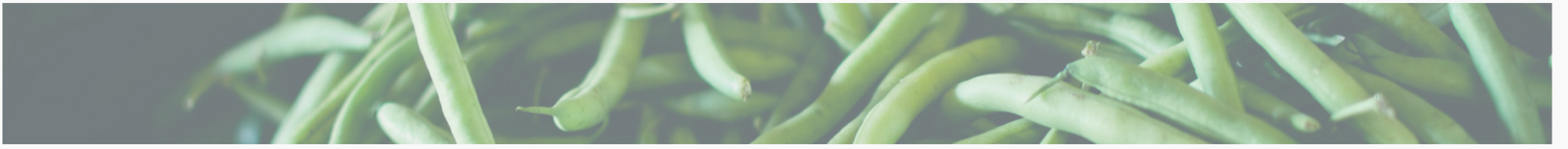
www.instagram.com/ncktylr/ My aspirations with my lifting are to win the World Champs in Powerlifting, in my weight class.

Thank you so much for taking the time to read my ramblings. This is a subject that touches my heart on so many levels, and so many aspects impact not just my life, but the lives of all things around us.

It's 2018, and it's time to make a change. Make this the year you decide to go plant-based. If not for yourself, then do it for the environment, the animals, and to be on the right side of history.

It takes absolutely nothing away from a human to be kind to an animal, but it means the world to the animals. You won't fucking die, if anything, you will thrive. My only regret is that I didn't do it sooner.

Thanks,
Nick



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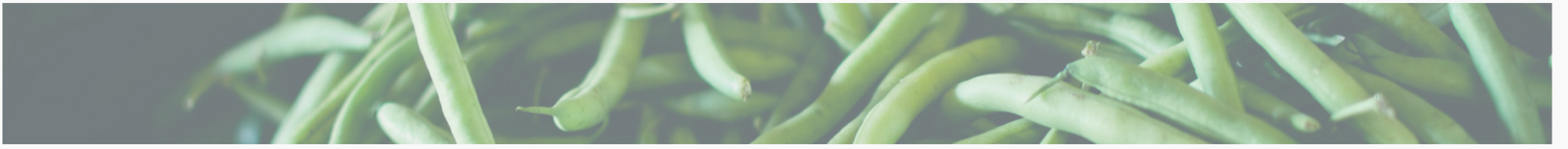
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